

Diabetes Freedom™ by George Reilly

George Reilly's Diabetes Freedom is a three-steps online program designed to eliminate type 2 diabetes from its root cause. Diabetes Freedom is 100% safe and natural program, designed to get rid of Type 2 diabetes completely in two months using the Phyto Hack Method.

Diabetes Freedom Overview

- Real Customer Review - [Click Here](#)
- Download The Diabetes Freedom Book [PDF](#) - [Click Here](#)
- Access Diabetes Freedom Program - [Click Here](#)

Diabetes Freedom teaches you the three essential steps for eliminating diabetes. Diabetes Freedom steps are created by George Reilly and James Freeman. These steps are:

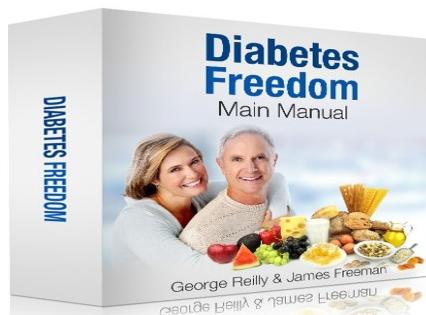
- Step 1: The 2 Month Restart Nutrition Plan
- Step 2: Fat Boosting Guide
- Step 3: Meal-Timing Plan

Diabetes Freedom System Includes

- Main Manual
- Quick Start Accelerator
- Meal Preparation Guide
- Diabetes Freedom **Bonus 1**: Fat Burning Blueprint Guide
- Diabetes Freedom **Bonus 2**: Stay Young Forever Program
- Diabetes Freedom **Bonus 3**: 33 Powerful Foods for Diabetics Guide

[==> Click to Learn More About Diabetes Freedom <==](#)

www.diabetesfreedom.com



CONTENTS	
Welcome to the Type 2 Diabetes Freedom Program	03
Introduction to Type 2 Diabetes	03
Stage 1: 16 Days of Diabetes Freedom Super Drinks	10
Details about the Diabetes Freedom Super Drinks	17
Stage 2: 8 Week Diabetes Freedom Dieting Strategy	41
7 Rules of the Diabetes Freedom Diet Plan	52
Rule 1: Your Daily Food Journal	52
Rule 2: Be Intelligent When Eating Out	54
Rule 3: Take Advantage of Condiments	55
Rule 4: Make Your Cravings Work With Your Diet and Physical Activity	57
Rule 5: Realistic Exercise Habits	58
Rule 6: Exercise Is Fun	60
Rule 7: Total Daily TV Time = Sport Time	60
Diabetes Freedom Condemns: Fatally Diabetic Food Products (Do Not Trust)	61
The Six of the 12 Diabetes Freedom deadly Ingredients – Let them go!	69
List of Bad Foods for Type 2 Diabetes	70
Conclusion: A Healthy, Diabetes-Free Body	74